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Cappuccino with Lowfat Milk

Cappuccino is a popular Italian coffee drink that is made with equal parts espresso, steamed milk, and milk foam. This recipe uses lowfat milk to make a healthier version of the classic cappuccino. It is a rich and creamy beverage that is perfect for coffee lovers.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

14 g Espresso

200 ml lowfat milk

Directions

Step 1

Brew a double shot of espresso.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steaming

Steam the lowfat milk until it reaches a temperature of 150°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Pour the steamed milk over the espresso in a 1:1 ratio.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Spoon the milk foam on top of the cappuccino.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 68 kcal

Fat: 1 g

Protein: 5 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	0 g	0%	0%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	2 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3 iu	0.33%	0.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	12 mcg	500%	500%
Vitamin E	0 mg	0%	0%
Vitamin D	12 mcg	80%	80%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	58 mg	2.52%	2.52%
Calcium	17 mg	1.7%	1.7%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	221 mg	6.5%	8.5%
Zinc	4 mg	36.36%	50%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue

Cuisines

Italian Mexican Thai Mediterranean American

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium Sugar-Free High Calcium

Course

Appetizers Drinks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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